

Flight Duty Medical Exam (FDME) Checklist

Version:
24 Aug 03



See Block #:

Initial
Comp
FDHS

*Note: Comprehensive FDME q5 yrs between ages 20-50; then annually (based on date of last FDME)

*Note: Flight Duty Health Screen (FDHS) requires physical exam only as indicated

& Aeromedical Standards

○ = 40 and over

■ = Required

() = Recommended or req by AR 40-501, readiness requirements, or other physicals

<input checked="" type="checkbox"/> Check in & Vital Signs				ALL Standards Qualified if:				
■	■	■	4497	DD 2807, DD 2808	(DD 2697 Retirement Physicals)	1-30		
■	■	■		Sitting BP, Pulse, (Temperature)		56-58		
■	■	■		(Height, Weight)		53-54		
■	■	■		Anthropometrics (1A/1W Only)	Crotch Ht (CH) ≥75cm Total Arm Reach (TAR) ≥164cm Sitting Ht (SH) ≤102cm (≤95cm for OH-58)	73		
<input checked="" type="checkbox"/> Vision				Class 1/1A	Class 2/3/4			
■	■	■	■	Distant Visual Acuity	By projected chart only	20/50	20/400	61
■	■	■	■	Near Visual Acuity		20/20	20/400	63
■	■	■	■	Refraction: Manifest/Subjective (Lens Rx if corrected to 20/20-1)		Not Required	Must correct to 20/20-1	62
■	■	■	■	Refraction: Cycloplegic (1A/1W only)	Annotate cycloplegic protocol 1gtt proparacaine 0.5% → 1gtt cyclopentolate 1.0% @ 1 min and 6 min	-1.50 ⇔ +3.00 S. Must -1.00 ⇔ +1.00 Cx. Transpose	Not Required	62
■	■	■	■	Stereopsis (Randot, Titmus, or AFVT)		≤40° arc @20' (No Errors on Titmus 0/9, Randot: lines 1-7/10, AFVT: grp B)		67
■	■	■	■	Phorias by AFVTA		≤8 Eso; ≤8 Exo; ≤1 Hyper		64
■	■	■	■	Cover-uncover test (tropias)		No detectable movement (ORTHO)		64
■	■	■	■	Near Point Convergence (NPC)		≤100mm		64
■	○	○	○	IOPs		≥7 and ≤21mmHg; <4mmHg Δ between eyes		70
■	■	■	■	Color vision (PIP or Falant only)		PIP: ≤4/14 Falant: 0/9 or ≤2/18		66
■	■	■	■	Visual fields (confrontation)		NTC or FTC OU		68
■	■	■	■	Night Vision Hx		NIBH		69
<input checked="" type="checkbox"/> Audiogram				Class 1/1A	Class 2/3/4			
■	■	■	■	500 -2000Hz		≤25 dB (no shift > 20 in any freq)		71
■	■	■	■	3000 Hz		≤35 dB		
■	■	■	■	4000 Hz		≤45 dB	≤55 dB	
■	■	■	■	6000 Hz		≤45 dB	≤65 dB	
<input checked="" type="checkbox"/> (Dental)				(annual readiness requirement IAW AR 40-3)		Class I or II		
<input checked="" type="checkbox"/> ECG				(Initial and over 40)		See APL		
<input checked="" type="checkbox"/> Laboratory				Male	Female			
■	■	■	■	UA w/Micro; Report (Spec Gravity), Glu, Pro, RBC, WBC	Glu Neg ; Pro Neg ; ≤4 RBC ; ≤4 WBC	45,73		
■	■	■	■	HCT or Hb	40-52% (14-18 gm/dl) 37-47% (12-16gm/dl)	47		
■	■	■	■	HIV (annotate date drawn)	(optional for DAC)	Performed every 2 yrs	49	
■	○	○	○	Fasting Glucose		≤109 (see DM APL)	73	
■	■	○	○	Lipid Panel (chol, HDL, LDL, Trig, Chol:HDL ratio)		See APL	73	
■	■	○	○	Sickledex (less Class 4)		Negative	73	
○	○	○	○	PSA (males)			73	
○	○	○	○	Stool Guaiac		Negative	30	
○	○	○	○	Cardiac Risk Index (AERO)		<7.5 (see CV Screening APL)	73	
<input checked="" type="checkbox"/> Radiology								
○	○	○	○	CXR → Sere, SF, MFF, Dive, Retirement (>40) Physicals only		73		
○	○	○	○	(Mammogram (Females)) → Age 40,42,44,46,48,50, then yearly		73		
<input checked="" type="checkbox"/> Flight Surgeon's Evaluation								
■	■	■	■	Physical Exam		17-44		
■	■	■	■	PAP Test & pelvic	(Chlamydia req for Female <25y/o)	18,52		
■	■	■	■	AR 40-8 Statement		29		
■	■	■	■	Reading aloud Test	Satisfactory (Clear, deliberate; without hesitation, error, stuttering)	72a		
■	■	■	■	Aeronautical Adaptability (AA)	Satisfactory	40		
■	■	■	■	Valsalva (less Class 4)	TM's Mobile	21,72b		
○	○	○	○	DRE(+Prostate)		30		
■	■	■	■	Contact Lens or Refractive surgery	See Corresponding APLs			
■	■	■	■	SF, MFF, Dive → G6PD, WBC, CXR		73		
■	■	■	■	Pre-commissioning/induction → Pregnancy Test, Urine Drug/EtOH Screen		46-51		
■	■	■	■	Retirement → Comprehensive exam + CXR (>40), DD FORM 2697, Counseling re: HCV		73		

Additional tests, studies and consults needed:

Home:		DOB:		Today's Date:	
Work:		Age:		Date of last Comprehensive FDME:	
Name		Rank		Provider's Stamp	
SSN		Unit		Status	